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WON'T BACK DOWN

Tom Petty and the Heartbreakers thrilled fans at Rexall Place Sunday night as part of their world tour, along with opening act Steve Winwood. For a full photo gallery of the performance check out metronews.ca. TOPHER SEGUIN/FOR METRO

Walters welcomed for special lunch at ancestral home

John Walter. Museum opens doors to namesake's descendants



RYAN
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Calling for Mr. Walter in Edmonton's River Valley Sunday would have got you more responses than you bargained for as the city invited his descendants to the John Walter museum to celebrate his birthday.

John Walter was an early settler to the city and was at one point one of the city's wealthiest men.

A few dozens of his descendants came out to a special lunch Sunday to celebrate the man who helped shape the city.

Kathryn Ivany, the city's archivist, said a lot of restoration work has been done recently at



John and Lora Walter
RYAN TUMILTY/METRO

the John Walter Museum, including a restoration of one of Walter's homes.

"Having just done this, we thought it was a good time to bring them back," she said.

Walter originally came to Edmonton to work for the Hudson's Bay Company, but eventually set out on his own and established several businesses.

He also helped create the community of Walterdale, which sat where Kinsmen Park is today, but was destroyed in the great flood of 1915. Ivany said hosting these events helps to reinforce his importance to Edmonton.

"It's good for them to get a reminder of how important their great, great, grandfather and mother were to the development of Edmonton," she said.

John Walter's grandson, also named John Walter, said he never got to meet his grandfather, who died four years before he was born in 1924, but he understands his importance.

"All of the family is very proud of it," he said.

He said the get-together for his grandfather's birthday is a great way to bring a very large family together.

"They get spread out and you don't see them very much."



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Family slaying case. Divers found evidence, say RCMP

Mounties say their investigation into the discovery of a dead family in a burned-out Alberta farmhouse took an important step when divers recovered evidence last month near a provincial park.

Insp. Tony Hamori wouldn't say what that discovery was when he announced first-degree murder charges against a member of the victims' family and another man, but he called the development "very significant."

Gordon Klaus, 61, and his daughter Monica Klaus, 40, were found in the rubble of a burned-out farmhouse in Castor last December.

Gordon's wife Sandra Klaus, 62, wasn't found, but Hamori says investigators believe she also died in the blaze.

"The fire was quite intense at the time that it happened. There was a quantity of coal in the basement of the house, and we believe that her remains were consumed by the fire," Hamori told reporters at a news conference on Saturday.

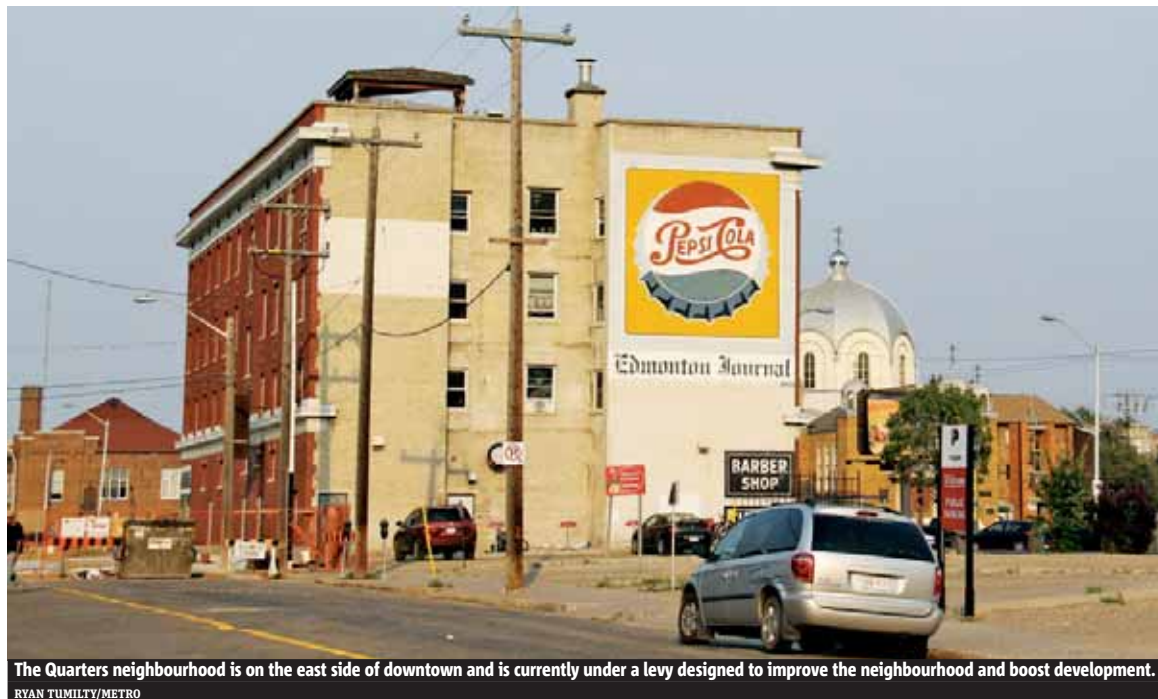
Jason Klaus, 38, and Joshua Gregory Frank, 29, each face three counts of first-degree murder and one count of arson.

RCMP say Klaus is the son of Gordon and Sandra Klaus and the sister of Monica Klaus.

Police say autopsies of Gordon and Monica Klaus were unable to determine a cause of death but that a dead dog found near the farmhouse had been shot.

Frank, who police describe as "an associate" of Klaus, faces a further charge of causing cruelty to animals.

THE CANADIAN PRESS



The Quarters neighbourhood is on the east side of downtown and is currently under a levy designed to improve the neighbourhood and boost development.
RYAN TUMILTY/METRO

City looks into funding district energy system

Grant opportunity.
City would use carbon tax revenue to fund the project



RYAN TUMILTY
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The City of Edmonton is hoping revenue from the province's carbon tax can be used to put a district energy system underground in the Quarters.

Councillors will get an update on the proposal Tuesday, which will see the city apply

for a grant from the province's Climate Change and Emissions Management Fund. The fund takes in revenue from a carbon tax the province imposes on heavy emitters at a rate of \$15 per tonne of carbon-dioxide emissions.

If the city is successful in its application, the funds could be used to create a district energy system. City spokesperson Jodi Tauber said the city has long been interested in the idea, but they don't have a lot of details on what the project would involve.

"If we pass Phase 1 then they will ask us to put in a more detailed submission

later, and by then we will have worked out the details," she said.

Tauber said what the system would provide and the extent of its reach are still being considered, but the city has wanted to find a way to pilot a district energy system for some time.

"It's long been something we've been looking at, and because there is a grant opportunity, we're just looking to capitalize," she said.

The YMCA's Melcor Village housing complex has all of the technology in place for a district energy system that would include a nearby seniors' com-

Climate change fund

The climate-change fund is a levy imposed on heavy emitters and requires them to reduce their emissions intensity by 12 per cent below their 2004-05 levels.

plex and Métis Housing, but they are still fine-tuning the system.

Joan Baker, the YMCA's general manager of community programs and housing services, said it made sense for them and they believe it will lead to savings down the line.

1 NEWS



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Fringe Festival opens with strong first weekend

Unwanted guests.

Record number of mosquitoes hasn't kept people away, says program director

LUCY HAINES

edmonton@metronews.ca

An army has descended upon the Fringe grounds surrounding Whyte Avenue, but these are troops of another sort, recognizable by the green onion cakes they're clutching in one hand, and well-studied program books in the other.

By late Sunday, the Edmonton International Fringe Festival had a first weekend of shows under its belt, and fringers had found their groove and buzz already starting to build for favourite shows in the ticket lines and beer tents.

Mosquitoes have overrun the city with some of the highest trap counts the city has seen in years, but Fringe staff said people were taking it in stride.

"Even the weather is fringed and confused," laughed Fringe program director Murray Utas. "But the enjoyment factor is so high, people aren't letting bugs keep them away."

Utas said the daily dis-



Fringe festival crowds scan posters for all the indoor shows, but numbers show most visitors stick to people-watching, eating and taking in the free, outdoor entertainment. LUCY HAINES/FOR METRO

count booth, offering up to half-off certain shows, and programming in the new wine tent are both proving popular, but he said there's still ways to tweak an already great festival.

"I want to create a marketplace for all the artists — maybe have them do a set in the tents and promote their shows. And we want to bring the festival

onto Whyte Avenue in a bigger way," he said. "But I also need to enjoy the festival I'm in. I can finally start seeing shows after today."

For B.C. resident Spencer Beckner, people-watching on the grass and grabbing a chocolate-covered banana from a food truck is good enough. "I haven't been to a show yet," he said. "But maybe next time."

Fringe facts

Edmonton's Fringe fest is North America's oldest and biggest, drawing 735,000 to the site last year.

- Still, only about 117,000 bought tickets to the indoor shows, posing a challenge for organizers who are

working to translate site-goers into ticket-buyers.

- First-aid stations on the festival grounds are stocked up with bug repellent, and the KidsFringe area even provides the DEET-free variety for itchy patrons.

Reviews

Title: Confessions of a Sex Worker
Rating: 4 out of five stars
Director: Kristi Hansen
Runtime: 60 minutes
Location: Varscona Hotel (8208 106 St.)

"It isn't what you were expecting, right?" Those are the first words uttered as Dawn Friesen comes out onto stage in *Confessions of a Sex Worker*, a raw and gritty one-woman show. Covering how she got into the business, to her different types of clients, to the current debate over legislation, Friesen goes into great detail of the ups and downs of working in the industry.

Title: Tin
Rating: 2.5 out of five stars
Directors: Molly Staley and Olivia Latta
Runtime: 35 minutes
Location: Sea container (10330 84 Ave.)

What happens when you mix a Sea-Can, three freight-hoppers and an audience of only 15 people? You get local Mischief Managed Company's *Tin*. The intimate venue provides the backdrop for a brother-and-sister duo who start off the show. Played by Sophie Gareau-Brennan and Joel Taras, the two slowly inform the audience of some type of trouble that they have escaped by hopping onto a train. The performances were satisfactory, but characters need more development to allow the audience to become immersed in this freight-hopper world.

STEPHANIE DUBOIS/METRO

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Teams of breast cancer survivors competing against each other during a morning race on Sunday. RYAN TUMILTY/METRO

Breast cancer survivors enter the dragon boats

Breast Friends. Three teams of survivors race in annual festival as a means to 'support each other no matter what'



RYAN TUMILTY
ryan.tumilty@metronews.ca

Pounding drums and furious paddling returned to the North Saskatchewan River on the weekend, as three teams of breast cancer survivors competed in the Edmonton Dragon Boat Festival.

The three teams raced Sunday morning as part of what has become a tradition at Dragon Boat festivals.

Andrea Tetreault, president of the Breast

Keep on paddlin'

18

This weekend marked the 18th annual festival, which had fewer boats than previous years. Zarski said that was due to some changes they made, but they expect more boats next year.

Friends, one of three teams of survivors who paddled this weekend, said their participation is about supporting women dealing with a diagnosis.

"We're here to show people that just because you have had a diagnosis of breast cancer, you can still live a healthy, active life," she said.

Tetreault said dragon boating for survivors actually started as a research

study in the mid-1990s, when a Vancouver doctor wanted to disprove the idea that strenuous exercise could be bad for patients.

Ellen Husselby, who's been part of the team for many years, said it's a good place for survivors to get together and lean on each other.

"Even though we're not a support group, we are, because we support each other no matter what. It is just a really good group to be part of it," she said.

Festival president Cheryl Zarski said including the survivor teams make sense for other dragon boaters.

"We have teams that practice with us year-round and teams that are with us, so we need to include them and salute their journey," she said.

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People defy a curfew on Sunday, before tear gas was fired to disperse a crowd protesting the Aug. 9 shooting of teenager Michael Brown in Ferguson, Mo. CHARLIE RIEDEL/THE ASSOCIATED PRESS

U.S. orders federal autopsy of Missouri teen shot by police

'Extraordinary circumstances.'

Fatal shooting of an unarmed black teen on Aug. 9 has prompted protests in Ferguson

U.S. Attorney General Eric Holder on Sunday ordered a federal medical examiner to perform another autopsy on a black Missouri teenager, whose fatal shooting by a white police officer has spurred a week of rancorous and sometimes violent protest in suburban St. Louis.

The "extraordinary circumstances" surrounding the case

of 18-year-old Michael Brown, and a request by Brown's family members, prompted the order, Department of Justice spokesman Brian Fallon said in a statement.

"This independent examination will take place as soon as possible," Fallon said.

The Justice Department's latest announcement followed the first night of a state-imposed curfew in Ferguson, which ended with tear gas and seven arrests after police dressed in riot gear used armoured vehicles to disperse defiant protesters.

Missouri State Highway Patrol Capt. Ron Johnson said protesters weren't the reason for the escalated police reaction early Sunday morning after the

midnight curfew took effect, but rather a report of people who had broken into a restaurant and taken to the roof, and a man who flashed a handgun in the street. Also overnight, a man was shot and critically wounded in the same area, but not by police; authorities were searching for the shooter.

The protests have been going on since Brown's death heightened racial tensions between the predominantly black community and mostly white Ferguson police department, leading to several run-ins between police and protesters and prompting Missouri's governor to put the Highway Patrol in charge of security.

THE ASSOCIATED PRESS

Fears of more infections after Ebola clinic looted

Liberian officials fear Ebola could soon spread through the capital's largest slum after residents raided a quarantine centre for suspected patients and took items including bloody sheets and mattresses.

The violence in the West Point slum occurred late Saturday and was led by residents angry that patients were brought to the holding centre from other parts of Monrovia, said Tolbert Nyenswah, assistant health minister, on Sunday.

Up to 30 patients were staying at the centre, and many of them fled at the time of the raid, said Nyenswah. Once they are located, they will be transferred to the Ebola centre at Monrovia's largest hospital, he said.

West Point residents went on a "looting spree," stealing items from the clinic that were likely infected, said a senior police official, who insisted on anonymity because he was not authorized to brief the press.

The residents took medical



A health worker, left, helps a colleague with his equipment on Saturday in Monrovia, Liberia. ABBAS DULLEH/THE ASSOCIATED PRESS

equipment and mattresses and sheets that had bloodstains, he said. Ebola is spread through bodily fluids including blood, vomit, feces and sweat.

"All between the houses you could see people fleeing with items looted from the patients," the official said, adding that he now feared "the whole of West Point will be infected."

Some of the looted items were visibly stained with blood,

vomit and excrement, said Richard Kieh, who lives in the area. The incident creates a new challenge for Liberian health officials struggling to contain the outbreak.

Liberian police restored order to the West Point neighbourhood Sunday. Sitting on land between the Montserrado River and the Atlantic Ocean, West Point is home to at least 50,000 people, according to a 2012 survey.

Though there had been talk of putting West Point under quarantine should Ebola break out there, Nyenswah said no such step has been taken. "West Point is not yet quarantined as is being reported," he said.

Ebola has killed 1,145 people in West Africa, including 413 in Liberia, according to the World Health Organization. Other countries across Africa are working to prevent Ebola's spread with travel restrictions, suspensions of airline flights, public health messages and quarantines. THE ASSOCIATED PRESS

Ukraine. Army troops enter rebel-held territory

Army troops have penetrated deep inside a rebel-controlled city in eastern Ukraine in what could prove a breakthrough development, the Ukrainian government said Sunday.

Ukraine's national security council said government forces captured a district police station in Luhansk on Saturday after bitter clashes in the Velika Vergunka neighbourhood.

Weeks of fighting have taken their toll on Luhansk, which city authorities say has reached the verge of a humanitarian catastrophe. The siege has brought ground delivery of basic provisions to a halt and

cut off power and water.

The area is just across the border from where a large Russian aid convoy is poised to cross with supplies intended for Luhansk and other afflicted zones. The Red Cross, which would have responsibility for distributing the aid, said the main holdup was a lack of security guarantees from all sides.

A large X-ray machine was brought to the Russian crossing point, and Paul Picard, the head of a border-monitoring mission from the Organization for Security and Co-operation, said it would be used to inspect cargo.

Fighting is also affecting the

Aid convoy

Part of the aid convoy headed to the frontier crossing on Sunday, but then stopped.

- The convoy of nearly 270 vehicles has been marooned for days in a town near the border amid objections from Ukraine, which initially complained that the mission was not authorized by the International Committee for the Red Cross.

city of Donetsk. Ten civilians were killed and eight wounded in 24 hours, city authorities reported Sunday.

THE ASSOCIATED PRESS

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Cross-Canada trek ends in Victoria for plucky robot

hitchBOT. Two Ontario professors designed the cross-country-travelling, wedding-crashing bot to see if it could trust humans

A plucky hitchhiking robot from Ontario has finished its cross-country tour, arriving in Victoria three weeks after it left Halifax.

On Saturday hitchBOT tweeted: "I'm on a boat. Well, a ferry to be exact. Victoria, I'm on my way."

According to the robot's Twitter feed, it will meet with B.C. First Nations followed by a quick trip to Seattle before attending a welcome ceremony at the Open Space Art Gallery



David Smith poses with his latest project, hitchBOT. JEFF HARPER/METRO FILE

on Aug. 21 in Victoria.

hitchBOT, who was created by Ontario communications professors Dr. David Smith and Dr. Frauke Zeller, was designed as both a collaborative art project and a social robotics experiment.

According to its creators, hitchBOT, which is about the

size of a child, was built to determine whether robots can trust humans.

Dressed in household items to appear non-threatening, hitchBOT has been taken on friendly adventures by drivers — even crashing a wedding — and exceeds 33,000 Twitter followers. NICK WELLS/FOR METRO



Enjoying every last gram of his freedom

Marijuana activist Marc Emery smokes from a bong featuring the word "Freedom" during his return party on Sunday in downtown Vancouver. Hundreds gathered to welcome Emery, Canada's self-styled "Prince of Pot," home after he spent more than four years serving a prison sentence in the U.S. BEN NELMS/THE CANADIAN PRESS

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Syrian warplanes strike Islamic State stronghold

Raqqqa. Air raid includes at least 25 strikes, killing at least 11 in northeastern Syria, says human rights group

Syrian government warplanes pounded an Islamic State group stronghold as well as other towns controlled by the extremists, conducting a wave of airstrikes Sunday that killed at least 11 people, activists said.

For more than a year, President Bashar Assad's air force rarely targeted territory controlled by the Islamic State group in northern Syria, instead focusing on mainstream rebel groups. But government jets have begun hitting the extremists more regularly since the jihadis overran much of neighbouring northern and western Iraq in June.

Even in that context, the intensity of Sunday's air raids appeared unusually high, with at least 25 strikes hitting the group's stronghold of Raqqqa in northeastern Syria, the Britain-based Syrian Observatory for Human Rights said.

Observatory director Rami Abdurrahman said 14 of those raids targeted a military court and other buildings used by the group.

Abdurrahman said at least 31 Islamic State members were killed in Raqqqa, and around 40 wounded. He said there were



Buildings damaged during battles between Syrian troops and rebels stand along an empty street in Mleiha, some 10 kilometres southeast of downtown Damascus, Syria. THE ASSOCIATED PRESS

an additional 22 civilian casualties, but he didn't have an exact breakdown of the dead and wounded.

The Local Coordination Committees, an activist collective, also reported the airstrikes on Raqqqa, but put the death toll early in the day at 11.

Differences in casualty figures are common in the immediate aftermath of attacks in Syria.

Both activist groups also reported government airstrikes on Islamic State-controlled

Complex, bloody civil war

- The main Western-backed opposition group's latest appeal appeared aimed at capitalizing on the recent U.S. intervention in Iraq, where American military aircraft have targeted the Islamic State group.
- U.S. President Barack Obama, however, has long refused demands for similar action in Syria, fearing it could draw the U.S. into an increasingly complex and bloody civil war.

areas in Deir el-Zour province bordering Iraq and Aleppo province bordering Turkey, in-

cluding the towns of Akhtarin and Dabiq.

THE ASSOCIATED PRESS

Gaza. As ceasefire deadline draws near, divisions emerge among Palestinians

Palestinians appeared divided Sunday as the clock was winding down on the latest Gaza ceasefire, with officials saying Hamas was still opposed to a compromise Egyptian proposal that would ease the closure of the territory, while other factions, including delegates representing President Mahmoud Abbas, were inclined to accept.

Hamas officials said they were holding out in hopes of getting more concessions in the Egyptian-mediated talks. With a temporary truce set to expire late Monday, a range of outcomes remained possible, including a return to fighting that has brought great devastation to Gaza, an unofficial understanding that falls short of a formal negotiated deal or yet another extension in negotiations. The negotiations are aimed at ending the latest war between Israel and Hamas-led militants in Gaza.

Nearly 2,000 Palestinians have been killed — mostly civilians — and more than 10,000 people have been wounded since the war began July 8, according to United Nations figures. In Israel, 67 people have been killed, all but three of them soldiers.

The indirect talks have been going on, through Egyptian mediators, since early last week. THE ASSOCIATED PRESS

One immigrant dead

35 hidden in cargo container were Afghan Sikhs, say London police

Police investigating the death of a migrant inside a ship's cargo container say the victim and 34 survivors are Afghans from the country's tiny Sikh community.

Dock workers at a port east of London found the 34 survivors screaming and pounding the walls inside the container Saturday. Paramedics declared one man dead and treated others for hyperthermia and dehydration.

THE ASSOCIATED PRESS

Islamic State extremists

Official: Kurdish forces retake parts of Mosul Dam

Kurdish forces took over parts of Iraq's largest dam on Sunday less than two weeks after it was captured by the Islamic State extremist group, Kurdish security officials said, as U.S. and Iraqi planes aided their advance by bombing militant targets near the facility.

The Kurdish forces launched the operation early Sunday to retake the Mosul Dam, Gen. Tawfik Desty, a Kurdish commander, said.

THE ASSOCIATED PRESS

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Questions remain about polygamy law

Bountiful, B.C. Expert sees case against two men renewing debate over ban on multiple marriages

Legal experts say a criminal case involving a polygamous sect in B.C. will probably reignite a debate over whether

the ban on multiple marriages violates the right to religious freedom.

Winston Blackmore and James Oler were each charged last week with practising polygamy in a religious commune in southeastern B.C. known as Bountiful. Blackmore is accused of 24 marriages, while Oler is accused of four.

In 2011, a B.C. Supreme Court judge ruled the ban on

multiple marriages did not violate the charter after hearing a constitutional reference case, but legal experts say that decision probably will not prevent another challenge.

Nicholas Bala, a law professor at Queen's University, says he expects the criminal case to be appealed to the Supreme Court of Canada, whatever the outcome.

Beverly Baines, another

Queen's University law professor, says a legal challenge could succeed without arguing about religious freedom. Baines, who believes the law should be struck down, says the defence could claim there is no proof polygamy is always harmful to women and children.

None of the allegations against Oler and Blackmore have been proven in court.

THE CANADIAN PRESS



Winston Blackmore seen outside his community hall in Bountiful, B.C., in this Nov. 23, 2011 file photo. JONATHAN HAYWARD/THE CANADIAN PRESS



N.B. protest raised fears of wider movement: Docs

Protesters demonstrating against shale gas exploration face police officers in Rexton, N.B., in this October 2013 file photo. Documents obtained under access to information legislation indicate federal officials closely tracked the fallout of an RCMP raid on a First Nations protest against shale-gas exploration in New Brunswick, at one point raising concerns it could spawn another countrywide movement like Idle No More. The raid to end the blockade of a compound where energy company SWN Resources stored exploration equipment led to violent clashes between officers and protesters. By the end of the day, six police cars had been torched and 40 people arrested. THE CANADIAN PRESS

First World War weapon

Troops in trenches sneered at Canada's Ross rifle

Canadian soldiers in battle at the start of the First World War a century ago were prone to discard their Canadian-built Ross rifles and pluck a Lee-Enfield weapon from the hands of dead British allies.

The Ross was a highly accurate weapon later prized by snipers and sportsmen. But in the cramped confines of the trenches, the longer barrel was a problem, its weight unwelcome by overburdened infantrymen. And when fired with its bayonet attached, it tended to



Canadian-made WWI-era Ross rifles owned by collector Bob McCormick are shown at his home in Haldimand, Ont.

AARON LYNETT/THE CANADIAN PRESS

shed the bayonet. Troops sneered at the rifle as "the Canadian club."

In 1915, more than 3,000 men discarded the Ross in favour of the Lee-Enfield, despite threats of punishment. The following year, the British military overrode objections and Canadians adopted the Lee-Enfield.

THE CANADIAN PRESS



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Ugandan LGBTs live in fear despite overturned anti-homosexuality law

LGBT rights. Even with the Anti-Homosexuality Act overturned, LGBT Ugandans still face persecution

When a Ugandan court overturned the country's Anti-Homosexuality Act this month, rights activists worldwide claimed a victory. That didn't include gay Ugandans, who fled persecution to live in a refugee camp in neighbouring Kenya.

"The reaction shocked me. I went there. I thought it would be a celebration, but ... nothing," said Brizan Ogollan, founder of an aid organization that works in Kenya's Kakuma refugee camp. "They knew at an international level and at the diplomatic level, the decision is going to have impact, but at the local level, it won't, really. You can overrule the

law, but you can't overrule the mind."

Of the 155,000 refugees at Kakuma camp, 35 are registered with the UN as lesbian, gay, bisexual and transgender (LGBT) Ugandans who fled because of the country's Anti-Homosexuality Act, which became law in February.

The now-overturned law called for life jail sentences for those convicted of gay sex and criminalized vague offences like "attempted homosexuality" and "promoting homosexuality" in a country where being gay has long been illegal.

Since the law was first proposed in 2009, public opinion in Uganda has grown increasingly anti-gay, said Geoffrey Ogwaro, a co-ordinator for the Civil Society Coalition for Human Rights and Constitutional Law, which is based in Uganda's capital, Kampala.

Many gay Ugandans have lived in constant fear of arrest. Some were imprisoned. Land-

lords evicted tenants. One man tried to run over his gay son with a car, Ogwaro said.

"Unfortunately, the law's nullification has actually polarized society more," he said.

Members of parliament started petitions to resurrect the legislation, although President Yoweri Museveni reportedly requested parliamentarians to reconsider.

Three years ago, when a 26-year-old gay Ugandan man was caught with another man, his stepfather threatened to report him to authorities and he fled to Nairobi.

"I thought, 'No one loves you in your family,'" said the man, who insisted on anonymity out of fear for his safety.

Neela Ghoshal of the Kenyan police said there are few places for them to live freely and safely. "They're basically set up for a lot of bad options in life," he said.

THE ASSOCIATED PRESS



Kenyan gays, lesbians and others supporting their cause wear masks to preserve their anonymity as they stage a rare protest against Uganda's increasingly tough stance against homosexuality in February. The protest was staged in solidarity with their counterparts outside the Uganda High Commission in Nairobi, Kenya. BEN CURTIS/THE ASSOCIATED PRESS FILE



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Dubai denial. Horned German man with 100 piercings denied entry

A heavily tattooed German man whose face is embellished with horn implants and more than 100 piercings said Sunday he was refused entry to Dubai without reason, forcing him to skip a planned appearance at a nightclub.

His look may have been a step too far for the Gulf's most liberal city, where a carefully cultivated reputation for tolerance and cutting-edge cosmopolitanism occasionally clashes with the region's conservative Islamic values.

Rolf Buchholz, 55, was travelling to the Middle Eastern commercial hub for the first time last week to appear at a circus-themed venue that woos partygoers with over-the-top attractions such as sword swallows and burlesque dancers.

He said immigration agents initially stamped his passport and let him through, but that he was stopped again before he was able to exit customs. He soon found himself in a room with other deportees.

The club said in an emailed statement that air-



Rolf Buchholz
MARKUS SCHREIBER/THE ASSOCIATED PRESS

port authorities cited security reasons in denying him entry. Buchholz said airport workers told him officials were concerned he could be a practitioner of black magic, though authorities did not say so directly.

"I never got an official answer," he said. "They are friendly but nobody answers your questions."

Airport and immigration officials referred questions to the police, who could not be reached for comment.

Buchholz later tweeted that he would never return to Dubai after being ordered to leave, but later said he would if the government assured him he would be allowed in.

THE ASSOCIATED PRESS

Brazilian election

Presidential hopeful laid to rest

Thousands in Brazil gathered Sunday to say goodbye to a presidential candidate who was killed in a plane crash less than two months before elections.

People lined up for hours to approach the casket of Eduardo Campos at the governor's palace in the northeastern city of Recife, his hometown. Some at the Sunday funeral sobbed and held flags of the Brazilian Socialist Party, mourning the loss of the candidate who also served twice as governor of the state of Pernambuco.

Campos and six others were killed Wednesday when their plane crashed in a residential neighbourhood in the city of Santos.

Antonio Campos, his brother, said the country needed to be united after his death.

"I would repeat Eduardo's words: 'Don't give up on Brazil.' Love Brazil, try what's needed to improve the country by voting, participating or do anything you can," he said.

Campos' running mate, Marina Silva, has been chosen to run in his place.

THE ASSOCIATED PRESS



Whistler Blackcomb riding a 3Q high

The Chateau Whistler lies in the background as Brandon Semenuk of Whistler flies through the air during the Red Bull Joyride at Crankworx in Whistler, B.C., Saturday. Whistler Blackcomb Holdings Inc. narrowed its third-quarter loss to \$10.2 million and increased its revenues, noting the recent ski season had challenging conditions. The ski resort company had a loss of 15 cents per diluted share, down from a loss of \$12.2 million, or a loss of 19 cents, in the same quarter last year. Revenue was up 16 per cent to \$34.5 million. Revenue per visit was \$87.81, up 3.1 per cent. Whistler Blackcomb is the largest four-season mountain resort in North America. JONATHAN HAYWARD/THE CANADIAN PRESS

Autistic and an entrepreneur

A growing movement to find work for autistic people is helping some start their own businesses.

Work requiring an attention to detail and with repetitive tasks is ideal for an autistic person who wants to start a business, says Gregg Ireland, co-founder of Extraordinary Ventures, a Chapel Hill, N.C.-based organization that creates jobs for the autistic. Ireland's son Vinnie, who is autistic, has a business doing yard work and landscaping.

There are many misconceptions about the autistic. Some people believe they are violent, not intelligent and

Who it affects

1 in 68

One in 68 people have some form of autism, according to government figures in the U.S.

that they either don't want to work or can't work hard, says Michael Rosen, an executive vice-president with Autism Speaks, a research and advocacy organization.

People with the mildest forms of autism are able to attend mainstream schools, including college. Many do well at jobs that focus on details.

They may struggle in jobs that require them to have continual contact with co-workers or the public.

Advocacy groups are looking for ways to create business opportunities for autistic people. The Southwest Autism Research and Resource Center, based in Phoenix, helps autistic people start home-based food businesses. And Autism Speaks has held town hall meetings to introduce autistic people to the idea of starting companies. The organization has offices in Los Angeles, New York and Princeton, N.J.

THE ASSOCIATED PRESS

Does your pension plan work for you?



HOW TO ROLL
Alison Griffiths
metronews.ca

Few Canadians know what's going on in their personal RRSPs, let alone the ins and outs of their workplace plans. In fact, the 2012 BMO Wealth Institute report on workplace pensions found that 51 per cent of Canadians had no idea what kind of features they wanted in a pension plan.

Time to wise up! At the very least you should know what kind of pension you have. Here are the four predominant workplace plans:

1. Defined Benefit Plan

A shrinking number of lucky Canadians have a DBP. From 1991, the percentage of Canadian workers covered by DBPs has dropped from 41 per cent to roughly 30 per cent today.

DBPs pay a guaranteed retirement income based on earnings and years of service. However, they are not without risk, as the employees of Nortel Networks and Eaton's know all too well.

2. Defined Contribution Plan

These plans combine contributions from the employee and the employer. While only 17 per cent of workplace pensions are DCPs, the number has doubled in the last 20 years and is expected to triple in the next 10, making them the dominant type of workplace pension.

With DCPs, employers aren't responsible for the payout. Instead, the quality of the investments and the management will dictate returns.



Making the right investment choices for your workplace pension early could mean caviar instead of cat food during retirement. GETTY IMAGES

Just the stats

Would Canadians change jobs for a better pension?

- 9% Very likely
- 28% Somewhat likely

- 40% Not very likely
- 23% Not at all likely

SOURCE: BMO WEALTH INSTITUTE

3. Group RRSP

These are actually savings vehicles just the same as individual RRSPs. One advantage is that the money is accessible before or after retirement. Of course, income tax may be levied on the withdrawals. DC plans, on the other hand, are completely or partially inaccessible until retirement.

4. Pooled Registered Pension Plan

Created in 2012, these are employer-sponsored but contributions by your boss aren't mandatory. PRPPs are also available to the self-employed who have always been shut out of workplace pension plans. Once an employer offers a PRPP, employees are automatically registered with

the option to opt out within 60 days.

Remember, all plans, except DBPs, require your participation. Making appropriate investment choices at the start can mean the difference between cat food and caviar during retirement.

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ENOUGH WITH THE PDFs, CITY HALL

In response to last week's column, someone who calls him/herself Himser made the following statement: "I would like to see a more organized information system from the city itself about how each councillor votes instead of the jumbled mess that is the legislative link on the city's website." I couldn't agree more.

I checked a few of the councillor's blogs to see if that kind of information is listed on them. No such luck.

I have to admit that I didn't do a complete search because there's only so much pain a person can stand. It did occur to me, however, that it would be very easy for councillors to put a box on their blog page or one on their city hall page that showed their voting patterns. It would be just as easy for the city to do that for itself.

Unlike at the federal or provincial level, it's almost impossible



URBAN COMPASS
Terence Harding
edmonton@metronews.ca

The same is true for a business licence and things like that. But what if you want to find the on-time rate for the city's

to determine easily how a councillor voted on a specific issue. Because there is no equivalent of Hansard at the civic level, it's just as difficult to determine what a councillor said about any given issue.

As is my wont, I have to ask myself, "Who is it that benefits from this lack of transparency?" As far as I can figure out, it's only the councillors.

Not knowing if your councillor voted for or against something of interest to you, keeps you from making an informed decision the next time you go to the ballot box.

If you have ever tried to find a specific piece of information on the city's website, you will know the comment Himser made about the legislative link applies to much of the site itself. If you want to know what the city's bylaws are, it's pretty easy.

How did they vote? Who knows

I have to ask myself who is it that benefits from this lack of transparency? As far as I can figure out, it's only the councillors.

buses? The information may be on the site somewhere, but I challenge you to find it.

One of the major problems with the city's website is the number of PDFs it contains. Information contained inside a PDF is not searchable and unless the proper meta tags are in place, you may not even find the PDF.

It's good fun to have a 311 app and one for identifying weeds. But it would seem to me that the city should make all information about the functioning of the city readily accessible to anyone who wants to examine it.

Whatever floats is your boat



Kevin Kennedy, foreground, competes in the Anything That Floats Race in Key Largo, Fla., over the weekend. Named Freedom of the Seas, Kennedy's entry was created from a blue plastic barrel and foam blocks for stability. The offbeat event in the Florida Keys challenged entrants to race in whatever they could find or build that provided buoyancy. ALL PHOTOS BOB CARE/FLORIDA KEYS NEWS BUREAU/THE ASSOCIATED PRESS

Buoy oh buoy! Florida hosts annual water-thingy race

Hundreds of spectators cheered as amateur boat builders paddled and sculled their self-made racing crafts to the finish line during this weekend's annual Anything That Floats regatta race in the Florida Keys.

Teammates from Florida, Virginia, Nevada, Michigan, Ohio, Illinois and Pennsylvania brought self-propelled

watercraft they built using common yet unsinkable household items.

An eight-person team crafted its entry, Flight From Hell, out of metal military cargo cases lashed together with web straps and rope. It won the award for the Best Unlimited Boat.

Mary Walker and Matt Hetman created Wilson's Revenge as a tribute to the Tom Hanks movie Castaway. Among the materials used: FedEx boxes, a palm tree and a volleyball. **FLORIDA KEYS NEWS BUREAU/CBSLOCAL.COM**

That's way too much pop



The Coke Float.

- Garnering Most Creative was Coke Float, crafted by George and Kristyn Silver, who used Saran Wrap to enclose 99 two-litre plastic soft-drink bottles in the shape of a boat.

METRO AUGMENTED REALITY

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In this issue, you can find AR enhancements on page 13 in Scene and page 21 in Sports.

MetroTube

Case of the Mondays? Seal pup on Sea-Doo may or may not help



ANDREW FIFIELD
andrew.fifield@metronews.ca

Listen: it's Monday, and odds are good that you're not where you'd prefer to be right now. But that's no reason to start the week on a negative note. Here's video of a friendly seal pup cruising up to say hello to a couple on a Sea-Doo. Yeah, yeah, being part of a couple on a Sea-Doo might be exactly where you want to be right now and, if that's the case, we apologize for bringing that up. But, come on, look at how cute that damned thing is. (Michael Borthwick/YouTube)



THE ASSOCIATED PRESS FILE

Ebooks



Riddle of the Black Cat

By J.W. Rinzler

iBooks/Kindle

• • • • •



MIND THE APP

Kris Abel
@RealKrisAbel
scene@metronews.ca

Edgar Allen Poe's famous detective, Auguste Dupin, takes on the insanity defence in this animated retelling of one of Poe's darkest tales. Stellar voice acting and imaginatively possessed illustrations offer wonderfully grisly hysterics. Rinzler's take is a creative one and the added analysis is insightful, yet still it can't match the original short story's powerful spell. Thankfully that's included, too.

Box office

Fans still shelling out for TMNT

Teenage Mutant Ninja Turtles came out on top this weekend, while Sylvester Stallone's *The Expendables 3* was easily out-gunned in its debut. The turtles took in \$28.4 million in its second weekend. That surpassed the fourth place \$16.2 million earned by *The Expendables 3*. *The Guardians of the Galaxy* came in second with \$24.7 million. Let's Be Cops took third spot. **THE ASSOCIATED PRESS**

Bringing Diana Gabaldon's Outlander world to life

Long time coming.

Writer always worried about her work getting screen treatment, until she met the producer of *Battlestar Galactica*



RICHARD CROUSE
scene@metronews.ca

Diana Gabaldon is notoriously protective of her work. Her website asks amateur writers to refrain from producing any fan fiction based on her characters and it has taken decades for her to OK a screen adaptation of her best known novels, the eight-part *Outlander* series.

The former academic-turned-bestselling-author writes thick books that *Entertainment Weekly* describes as containing a "time-hopping, continent-spanning salmagundi of genres."

Since the publication of the first *Outlander* book in 1991, rumours of a film franchise have flitted about, with big names like Liam Neeson and Sean Connery attached.

The mix of romance, time travel and adventure sounds tailor-made for the screen, but Gabaldon wanted to make sure the story was told properly.

"*Outlander* is a very big story," she says.

"The very intricate plot fits together like the pieces of a watch. You start pulling things out and the whole thing isn't going to work. Consequently a two-hour movie cannot be made and reflect the integrity of the work."

Enter *Battlestar Galactica* producer Ronald D. Moore who says he "read



Caitriona Balfe and Sam Heughan star in the TV adaptation of *Outlander*, premiering Aug. 24 on Showcase. CONTRIBUTED

Quoted

"*Outlander* is a very big story. The very intricate plot fits together like the pieces of a watch. You start pulling things out and the whole thing isn't going to work. Consequently a two-hour movie cannot be made and reflect the integrity of the work."

Outlander author Diana Gabaldon on why she didn't want her books squeezed into a standard movie length.

the book and was quite taken by it. It's a page-turner in the truest sense of the word. I really liked the central character of Claire because she was intelligent

and strong; very capable and interesting."

He saw *Outlander* not as a movie, but a television series.

"There were surprises

AUGMENTED REALITY

→ Want to watch a trailer for the upcoming television series *Outlander*? Scan this photo with your Metro News app.



→ See the full instructions on Metro's Voices page.

along the way, reversals of fortune I didn't see coming," he says, "which I thought would be really great for a television series. I got it. We'd do one season a book and there's seven more books in the series."

His take on the material won Gabaldon over. "I told Ron when I saw the pilot script, 'This is the first thing I've seen based on my work that didn't either make me turn white or burst into flame.'"

The show, which premieres Aug. 24 on Showcase, stars Irish model/actress Caitriona Balfe as Claire Randall, a married Second World War combat nurse mysteriously transported back in time to 18th-century Scotland.

"We're trying to keep the show grounded throughout," says Moore.

"You want to really believe that both those places exist. I'm a strong believer in the idea that if you're going to take the audience on a fantastical journey, the more believable you make it, the better."

"That way the audience will go with you when something crazy, like time travel, happens."

Gabaldon gives the show her stamp of approval, saying, "I feel very fortunate to be able to share with them in this production."

2 SCENE

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Beyoncé and Jay-Z. ALL PHOTOS: GETTY IMAGES

The drama just won't quit for Bey and Jay

Beyoncé and Jay-Z just can't catch a break. Amid the swirling rumours about trouble in their marriage, a homeless woman, Tina Seals, has filed a lawsuit asking for financial compensation because she claims to be the biological mother of their daughter, Blue Ivy, according to Radar Online. The bizarre handwritten filing states, "Through mutual associates Plaintiff (myself) provided DNA egg for Beyoncé and Jay Z and look to work out some type of (sic) contractual agreement with Defendants that: a:) Would compensate me for my

services with reference to Blue Ivy Doe. B) Would remove any criminal liability associated with the unlawful use of my DNA for the parties involved. C) Would terminate Plaintiff Parental Rights immediately and extend full parental rights to Defendants w/o Plaintiff support." Seals has filed similar suits against Kanye West and Janet Jackson, so take that for what it's worth. She is requesting DNA testing on Blue Ivy and "mandated mediation pending test results" because "I desire to preserve this relationship as these are great people."

Andrew Keegan: From teen star to California cult leader?

Actor Andrew Keegan — remember 10 Things I Hate About You? — has a new gig as the leader of a spiritual movement called Full Circle that's totally not a cult. Vice sent a reporter to check out the new religion, based in Venice Beach, Calif. Apparently, Keegan started the religion after he was attacked by gang members in 2011. "The significance of this occurrence is that it happened at the same time the tsunami hit Japan," Keegan says. As for

whether this makes Keegan a cult leader? Vice's reporter writes, "(A church member that goes by) Third Eye explained that he was part of the 'inner circle,' composed of eight core members, all of whom are led by the founder Andrew Keegan. All the members are 'enlightened' and have come together to initiate change. While they are co-operative, Keegan is the official leader who has, as Third Eye put it, the 'ultimate say on all things.'"

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



J-Law looks across the pond and finds Chris Martin



NED EHRBAR
Metro World in Hollywood

This was certainly ... unexpected. America's Jennifer Lawrence is reportedly dating Coldplay frontman Chris Martin, according to E! News. They've apparently been spending time together since June. After the whole Zac Efron and

Michelle Rodriguez thing — is that still a thing? — it's official: The gossip gods must be crazy. It's like someone at a tabloid office has just been throwing photos of celebrities up in the air and seeing which ones land next to each other.

J-Law, baby, darling, listen: I know you recently re-broke up with Nicholas Hoult and all, but if your only parameters for a boyfriend are tall, British and famous, I could've offered you plenty of other options. Like, I don't know, Peter Mayhew? You know, the guy who plays Chewbacca? I hear he's a very generous lover.



Demi Lovato

Demi dishes on why she's no longer a follower of BFF Gomez

If you're still desperate for some details on why Demi Lovato went and unfollowed former BFF Selena Gomez on Twitter, Bravo's Andy Cohen is looking out for you. During a recent Watch What Happens Live interview, Cohen grilled Lovato on the unfol-

low heard round the world, and though Lovato tried to avoid addressing the topic at all, she finally conceded, "I think it's just one of those things where people changed and people grow apart." You hear that, Gomez? You've changed. Ball's in your court.

Casey Kasem's widow to bury him in Norway

Casey Kasem will finally be laid to rest ... in Norway. The famous DJ's widow, Jean Kasem, is reportedly having his remains transported to Oslo for burial, even though he had no Norwegian heritage, according to the Hollywood Reporter. Reps for Casey's children claim it is all part of Jean's attempts to make it more difficult to confirm allegations that she abused her husband in the years leading up to his death. "We don't know what her plans are," a spokesman for daughter Kerri Kasem says.



Casey Kasem

"We just know that she wants to keep Casey away from family and friends, and by the looks of it, hide from law enforcement."

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Can't find cash for your RRSP? You need to look a bit harder

Fast fixes. Nine tips on how to reduce spending and boost your long-term savings



GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

The biggest challenge for new savers is balancing saving with all the other stuff competing for your attention. How are you ever going to find extra money for retirement savings?

Perhaps you're just not looking in the right place.

1. Cook at home. It's so easy to pick up the phone or run through the drive-thru at the end of a killer day. But eating out costs about 10 times as much as cooking at home. This weekend, do some meal planning and cook a couple of big-pot meals like chili, stew, soup, or spaghetti sauce. Freeze a few servings for those busy nights when you're exhausted and just don't want to cook.

2. Make your own coffee. The coffee habit can be deadly. In no time at all, we're drinking two or three cups a day and dropping \$1,500 a year. Brew your coffee at home for the drive in and switch to tea later in the day. Tea is easier to make at work.

3. Get a better phone plan. If you're using your cellphone



Brewing your own coffee each morning, and switching to tea in the afternoon, can save you hundreds. ISTOCK

all the time, and paying a whopping bill, you're a dope. You don't have to give up your cell, just cut your bill.

4. Increase deductibles. Would you really make a claim on your car insurance for under \$1,000? Do you know what that would do to

your premiums. Raise your deductible to \$1,000 and watch your premium drop. Also, combine your home and auto insurance and save up to 15 per cent.

5. Save money on your mortgage interest. It's as easy as choosing to make accel-

erated weekly or bi-weekly payments on your mortgage. When you do, you make the equivalent of one extra monthly payment every year, which could save you four year's worth of interest.

6. Grab the education savings grant. When you invest

in a Registered Education Savings Plan, the federal government gives you money to help with your child's education. If you put \$2,500 in the plan, the feds will add \$500. That's an immediate 20-per-cent return.

7. Contribute to an RRSP and use your refund to pay down your mortgage. If you're in the 30-per-cent tax bracket and you make a \$3,000 contribution to an RRSP, the taxman will refund you \$900, which you can use to pay down your mortgage. This is one of the smartest strategies to achieve two goals with one pool of cash.

8. Defer, extend, eliminate and save. Defer some of the things you spend on, like those twice-a-year trips to enjoy some sunshine. Extend the time between routine things such as getting your hair coloured or cut. Cut back on your lawn maintenance and home-cleaning service to once every two weeks. Eliminate frivolities: borrow books, magazines and DVDs at the library, eliminate cable and shop in the thrift stores.

9. Practise living as if you're already retired. The closer you get to boarding the retirement train, the more prepared you need to be. What better way to see how the retirement shoe fits than to try it on. Use the money you save to boost your tax-free savings account, RRSP or emergency fund.

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Money 101. Two couples, one year to make them richer

Continuing to slay the debt monster



Since January, I have coached two Canadian couples toward drastic financial improvement. To date, each couple has raised their net worth by more than \$25,000. Now, as we close in on the final months of their 2014 money makeovers, these Metro Money Couples are celebrating their progress while learning techniques to crush their debts. — *Lesley-Anne Scorgie*



To celebrate their financial progress, Anne-Marie and Peter are planning a trip to Ireland. SHUTTERSTOCK

Anne-Marie and Peter

Anne-Marie and Peter cracked \$100,000 in net worth this month thanks to strong investment performance and significant payments towards debt.

To celebrate their incredible financial progress, Anne-Marie and Peter have booked a trip that was on sale to Ireland and used their WestJet dollars, which cost \$1,100 for themselves and their baby. In true frugal fashion, they plan to stay for free with friends and maintain a strict travel budget while on holidays later this year.

Thanks to Anne-Marie's larger-than-expected employer "top-up" for her parental leave, the couple's celebratory trip does not derail their plans to be nearly debt-free by the year's end. They are on track to owing \$3,500 by December, which is a \$12,000 difference from the beginning of 2014.

In the middle of July, Anne-Marie and Peter established a registered education savings plan (RESP) for their little girl and have begun contributing \$50 per month into a low-fee, growth-oriented mutual fund. This investment strategy will take advantage of the long-term potential for growth in the large-cap Canadian equity market.

The couple also evaluated their existing investment

Anne-Marie and Peter recap

- | | |
|---|---|
| • Location: Toronto | savings, and are committed to paying off debt |
| • Ages: 37 and 33 | |
| • Occupations: Broadcasting and sports editing | • Rent or own: Rent |
| • Total household income: \$110,000 | • Top goals for 2014: Pay off debt, start an RESP, and begin saving a down payment |
| • Life stage: First child arrived in May | • Current net worth: \$103,000 |
| • Financial savvy: Medium to high — they use budgets, have retirement | • Homework from last month: Set up their daughter's RESP and change their investment holdings |

holdings, taking into consideration account fees, risk tolerance and investment time frame. They made the decision to approach their RRSP investments with the same strategy as their daughter's RESP account.

I also circled back with Anne-Marie and Peter on their goal of saving for a down payment. Though the couple is still committed to owning a home, steep real estate prices in Toronto make home ownership a longer term endeavour.

There are two ways they could expedite saving for their down payment. The first is for Peter to secure a large freelance contract or a significant

raise through his work while Anne-Marie is on maternity leave. The second would be to borrow, or receive as a gift, money from a relative. Giving an early inheritance is popular as older family members wish to help out younger family members, effectively putting their money to use while they are still alive.

Homework:

In the coming month, Anne-Marie and Peter will meet with a licensed life insurance broker and investment adviser to review their down payment options.

THE NAMES OF BOTH COUPLES HAVE BEEN CHANGED TO PROTECT THEIR PRIVACY.



As a way to continue to grow their income, Carolina plans to teach piano lessons. SHUTTERSTOCK

Carolina and Jose

New homeowners Carolina and Jose spent last month working through their post-move budget using their favourite online budgeting template. They have had specific revisions to the following expense categories:

- Monthly rent has become a mortgage payment;
- Property taxes, home insurance and condominium fees have been added; and;
- They have increased their savings account contributions.

Carolina and Jose have calculated that once their monthly expenses are paid, they will have approximately \$350 left.

Given that the couple is earning more than they are spending for the first time in their marriage, I recommended they follow the two-third, one-third rule. With their budget surplus, they would apply two-thirds towards debt and one-third towards savings for small home repairs and improvements.

Though the couple still qualifies for repayment assistance from Canada Student Loans, effectively offering them temporary relief from having to make payments, they have decided to take the bull by the horns and tackle the outstanding balance head-on by starting to pay \$200 per month. The simple act of taking control of their debt repay-

Carolina and Jose recap

- | | |
|---|---|
| • Location: Calgary | budget, purchased a home, are very frugal, and have no retirement savings |
| • Ages: 33 and 32 | |
| • Occupations: Stay-at-home mom and roofing | • Rent or own: Own |
| • Total household income: \$62,000 | • Top goals for 2014: Pay off debt, buy a house, and visit family |
| • Life stage: Three daughters, aged five, three and one | • Current net worth: — \$5,600 |
| • Financial savvy: Medium — they have established a | • Homework from last month: Create a list of home improvements and a revised budget |

ment plan has helped Carolina feel less overwhelmed about the size of their outstanding debt, which is \$20,900.

The couple continues to work towards growing their income, and Carolina has turned to her sewing and piano to make money. She plans to prepare crafts that can be sold as the winter holidays approach while beginning to teach piano lessons. Both business endeavours allow her to stay at home with their children.

Jose has taken on greater responsibilities at work and plans to ask for an additional raise in his upcoming performance review. Jose will also

negotiate compensation for past freelance work.

With the money the couple expect to earn from their extra income, they will again follow the two-third, one-third rule, but rather than simply allocate one-third into their savings account, they will begin contributing to RRSPs.

Homework:

Carolina and Jose will establish RRSP accounts and review market salary levels for Jose's profession. Jose will also negotiate compensation for past freelance work.

LESLEY-ANNE SCORGIE IS A COLUMNIST WITH METRO, FINANCIAL COACH AND BESTSELLING AUTHOR OF WELL-HEELED.

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Dress up salmon with a pistachio-topped apricot and ginger glaze

Salmon with Apricot Ginger Glaze. You can bake or barbecue this healthy dish



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Ingredients

- 4 salmon fillet (6 oz each)
- 2 tsp Dijon mustard

Apricot Glaze

- 1/2 cup apricot jam
- 1 tsp sesame oil
- 1 tsp soy sauce
- 1/2 tsp chopped garlic
- 1/2 tsp chopped fresh ginger
- 1/2 tsp hot sauce
- 1/4 cup finely chopped pistachios

Garnish

- 1/3 cup thinly sliced dried apricots



This recipe serves four. ROSE REISMAN

Salmon is always a great entrée any time of year.

It's recommended that we eat two servings of fish per week. Salmon is loaded with heart-healthy, brain-boosting

omega-3 fatty acids.

For the best flavoured salmon, I enjoy Atlantic, but if you're concerned about toxins in our fish supply, you are best to purchase organic or wild salmon.

Wild salmon spends most of its life in the open ocean and has very low levels of pollutants and toxins.

You can either bake or barbecue your fish.

The rule of thumb for all fish is to measure at the thickest part and cook 10 minutes per inch at 425 F. You will also know when the fish flakes easily with a fork and is no longer opaque. Salmon is always tastiest when

slightly undercooked rather than overcooked.

Feel free to substitute peach jam for apricot if you'd like.

I purchase my dried fruit and nuts from a bulk store and keep them in the freezer so they will keep for months. This way you always have them on hand.

Directions

1. Spread mustard over top

of salmon fillets.

2. Combine all ingredients for glaze. Brush half over salmon and sprinkle with chopped pistachios.

3. Bake salmon at 425 F for 10 minutes per inch, about 10 to 15 minutes.

4. Spread apricots over top of the fillets. Serve with remaining glaze.

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A slow start to your success story?

Beat the entry-level blues. What to do when those first sparks of workplace passion dull to a flicker

LAKSHMI GANDHI

Metro World News

Television and movies may be littered with 20-something characters who seem directionless when it comes to their careers, but author Mary Traina says she finds the opposite is true of young professionals today.

"Millennials are very hard workers and very idealistic," says Traina, a blogger for HelloGiggles and author of the new book *The 20-Something Guide to Getting it Together*.

But, she adds, "I think a lot of early 20-somethings hit a rut (when it comes to figuring out their career paths) and I think part of it is not knowing what you want."

Traina says young professionals feeling stuck in entry-level jobs should pay attention to these tips to get their careers on track.

No one is going to pluck you out of obscurity

When Traina first began working at a television production company in her early 20s, she spent almost all of her time at the office, working over 12 hours most days.



Don't forget when you're feeling stalled at work that the first few years are frustrating for us all. GETTY IMAGES

"I was working really hard," she recalls, "and I thought someone would basically say, 'We should reward this girl for just being there.'" Most workplaces

don't actually work that way.

You have the right to advocate for yourself

Traina finds that many

entry-level employees are hesitant to speak up about their ambitions or future plans because they are worried about rubbing people the wrong way or wasting their time.

"Take a little bit more control," she says. "I don't think 20-somethings should ever feel like they are annoying someone by asking for advice."

Picture your next step

"It's important to think to yourself, 'What are the next options for me?'" Traina says. She advises asking yourself if you'd want the job your direct supervisor has, and why or why not.

Some detective work may be required. Traina advises talking to friends and acquaintances about their

Don't wallow in misery

- It can be easy to constantly vent to friends and family about work frustrations. "But the more you complain, the more you want to complain," says author Mary Traina. She suggests using your downtime — which is precious — to really unplug from work and to enjoy spending time with those you care about.

jobs and taking classes and workshops to discover the answer.

Remember, your first job won't be your dream job

"You aren't going to be happy for the first couple of years in your career," Traina reminds readers. Most entry-level jobs are administrative. Acknowledge that this is the reality for most careers, and adjust your expectations accordingly.

Volunteer to do tasks for higher-ups to get noticed

"It was face time with important people at the company," says Traina of why she would take on these tasks. "You are there as a sponge. While you are cleaning that filing cabinet, you are seeing the inner workings of the company." Increasing your visibility at work and diversifying your skills is key.

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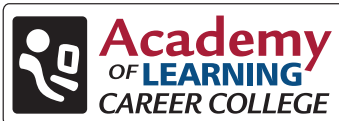
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Put pen to paper or take a pause

Should I stay or should I go now? Two professionals reflect on the differing decisions they made after high school graduation

ETHAN
ROTBERG
life@metronews.ca

As soon as you throw your high school graduation cap in the air, you're left with two choices: continue your studies at a post-secondary institution, or take some time off to work or travel before deciding what comes next in your life. Metro spoke with two professionals who followed opposite roads after high school, each one leading to both strife and success along the way.

would help me figure it out.

What were the challenges or advantages?

Part of my personal challenge stemmed from being so young. The jump from high school to university is huge and I was not ready for the steep learning curve. I don't think that I was mature enough to handle the pressure of looking after myself, getting to class, and maintaining my grades. It's a lot of pressure at that age.

But going straight to post-secondary forced me to grow up and to take responsibility for the decisions I made. If I couldn't get to class on time, that was on me and no phone call from my mom was going to make it better. That provided a sharp kick in the butt that I needed and shaped the work ethic I have today.

Independence in an instant

"If I couldn't get to class on time, that was on me and no phone call from my mom was going to make it better."

Sarrah Young

rather move to the big city of Toronto. Of course moving to Toronto meant having to find a job. This, combined with the fact that I couldn't imagine myself doing any particular job for more than a couple years, meant I just didn't feel ready to take the leap into post-secondary education at that time.

What were the challenges or advantages?

The main challenge of waiting until I was almost 25 before I started my post-secondary education was family pressure to enrol — certain members of my family came from traditional backgrounds that placed a massive value on going to college or university. Dealing with the idea that I was disappointing them was difficult. On the other hand, college was the best experience of my life to date. Most of the others in my program were closer to my age than I had expected.

Break before books

Andrew James spent several years after high school working odd jobs before settling into the television broadcasting program at Seneca College at the age of 25. He currently works as a media specialist for a small marketing company based in Toronto.

Straight to school

Sarrah Young went directly from high school to a double-major degree program at Trent in psychology and criminology. She currently works as an office manager/executive assistant to the CEO in a non-profit setting.

Why did you choose the path you took?

I had no idea what I wanted to do. I thought going straight into post-secondary school

Why did you choose the path you took?

I grew up in a very rural area and I decided that I would

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LPGA championship

Park retains title after playoff win

Inbee Park successfully defended her title in the LPGA Championship, beating Brittany Lincicome with a par on the first hole of a playoff Sunday to end the United States' major streak at three.

Park finished with a 2-under 70 to match Lincicome at 11-under 276. Lincicome had a 71.

The South Korean player won her fifth major title and fourth in the last two seasons.

THE ASSOCIATED PRESS



Inbee Park GETTY IMAGES

PGA

Villegas returns after four years

Camilo Villegas finished his final round in the Wyndham Championship and didn't have to hit another shot to win his first PGA Tour title since 2010.

Villegas shot a 7-under 63 and finished at 17-under 263. He earned US\$954,000 and 500 FedEx Cup points in the final regular-season event.

When the rest of the field struggled late, Villegas wound up with his fourth PGA Tour title and first since the 2010 Honda Classic. THE ASSOCIATED PRESS

Tackled in the final, but heads held high

Best finish. At their first appearance in a women's World Cup final, Canadians fall to England 21-9 in Paris

You could almost hear the sigh of relief from her English teammates as Emily Scarratt broke through one tackle, evaded another and touched down in the corner of Canada's end zone.

After having to fight for every inch against a resilient Canadian team, England needed a stellar solo effort from its star centre to cement a 21-9 win over Canada in the women's rugby World Cup final.

Scarratt scored 16 points on Sunday, including 10 straight to close the gold-medal game, as England won its second World Cup, 20 years after its first.

After England dominated in the first half, Canada closed to within two points on a Magali Harvey penalty halfway through the second. But Scarratt kicked a penalty of her own a minute later, then capped the scoring with a try six minutes from the end of regulation.

"We had a couple of opportunities to score tries that could have made a difference, but because we didn't then they were full of confidence and more physical and fresher than us," Canada coach Francois Ratier said.

"When you have two opportunities and you don't



Mandy Marchak of Canada is tackled by Rachael Burford and Katy Mclean of England during the women's rugby World Cup final at Stade Jean-Bouin on Sunday in Paris, France. JORDAN MANSFIELD/GETTY IMAGES

score, then it's almost impossible. It's not a question of passion or heart. It's just a question of in the final of any sport, if you don't score when you have the opportunities, then the other team will take them."

Scarratt received the ball from a lineout and ran past Mandy Marchak, fended off fullback Julianne Zussman and ran the ball in to give England some much-needed breathing room. She kicked a conversion to cap a spectacular tournament for the England centre.

"It's just a missed tackle,"

Ratier said. "We tried to tackle high but (Scarratt) has a really strong upper body. We should have gone lower but that's the way it is."

Harvey had all of Canada's points on three penalties and finished the tournament with 61 points, second only to Scarratt's 70.

It was Canada's first appearance in the World Cup final. Its previous best finish was fourth, which it did in three consecutive tournaments from 1998 to 2006. England, meanwhile, ended 16 years of heartache by finally winning it

AUGMENTED REALITY

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after finishing as runner-up to New Zealand in the last three tournaments.

THE CANADIAN PRESS

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Lions blow past Argos for milestone win

B.C.'s 500th victory.
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19 games against Lions

Kevin Glenn's 53-yard TD strike to Emmanuel Arceneaux with under seven minutes remaining led the B.C. Lions to a 33-17 milestone win over the Toronto Argonauts on Sunday night.

Arceneaux broke two tackles en route to the end zone at 8:33 of the fourth quarter to anchor the Lions' 500th all-time victory. B.C. (5-3) outscored Toronto (3-5) 20-7 in the fourth to register its third straight win.

Ronnie Yell's 31-yard interception for the TD with 1:56 remaining cemented B.C.'s 17th win in its last 19 meetings with Toronto, to the dismay of an announced season-high Rogers Centre gathering of 18,283.

At Rogers Centre

33

Lions

17

Argos

That boosted the Argos average attendance to 17,562 through four home dates.

Toronto was playing its second game in five nights after downing Winnipeg 38-21 at Rogers Centre on Tuesday.

B.C. quarterback Travis Lulay also saw his first action of the season, appearing in three series. Lulay spent the first six weeks of 2014 on the injured list following off-season shoulder surgery and returned to the roster last week, but Glenn has started every game so far for the Lions. **THE CANADIAN PRESS**



B.C. Lions' quarterback Kevin Glenn tries to fend off a tackle by Toronto Argonauts linebacker Nick Rosamonda in Toronto on Sunday. FRANK GUNN/THE CANADIAN PRESS

Cincinnati. Federer, Serena carry it off

Roger Federer won an unprecedented sixth championship in Cincinnati, overcoming one bad set. Serena Williams dominated for her first title.

Federer extended his record of finals perfection in Cincinnati, beating David Ferrer 6-3, 1-6, 6-2 in the Western & Southern Open on Sunday. He's won all six times he's reached the tournament's title match.

Federer improved to 16-0 against Ferrer, who has won only five sets off him overall.

Earlier on Sunday, Williams finally got the one that had always slipped away. And she did it so convincingly that she came away thinking another title could be coming soon.

Williams needed only 62 minutes to beat Ana Ivanovic 6-4, 6-1 for a personal breakthrough. She'd never even reached the finals in Cincinnati until last year, when she fell apart and lost to Victoria Azarenka on a third-set tiebreaker.

"Definitely my best performance of the summer," she said. "Hopefully not the last."

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Serena Williams won her first title in Cincinnati on Sunday. AL BEHRMAN/THE ASSOCIATED PRESS

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The Power to Surprise

Gillaspie's slam clips Blue Jays' wings

Conor Gillaspie leads the Chicago White Sox with a .311 batting average, and on Sunday the third baseman led them to a win with a rare burst of power.

Gillaspie hit his first grand slam and Jordan Danks added a two-run shot to cap a six-run first inning, and the White Sox held on to beat the Toronto Blue Jays 7-5.

Gillaspie connected for just his fifth homer and Danks hit his second off Toronto's Drew Hutchison (8-11), who lost for the fifth

On Sunday

7

White Sox

5

Blue Jays

time in seven decisions.

Danks nailed a 2-2 pitch off the 23-year-old Blue Jays right-hander, who pitched seven innings and limited the White Sox to one run after the first.

"You know sometimes you get them up in the air, sometimes you miss them," Gillaspie said.

Chicago right-hander Scott Carroll (5-7) went 5 2/3 innings and allowed five runs on eight hits and three walks.

Toronto's Edwin Encarnacion hit his 27th homer this season. The Blue Jays have lost five of six and 11 of 15 to fall 7-1/2 games behind Baltimore in the AL East and four behind Seattle in the AL wild-card race.

THE ASSOCIATED PRESS



Conor Gillaspie of the White Sox hits a grand slam home run in the first inning against the Toronto Blue Jays on Sunday in Chicago. JONATHAN DANIEL/GETTY IMAGES

NASCAR

Gordon picks up his third win

Jeff Gordon raced to his third NASCAR Sprint Cup victory of the year, holding off Kevin Harvick on Sunday for his first win at Michigan International Speedway since 2001.

Gordon broke the track qualifying record Friday when he took the pole at 332.423 km/h. He followed that up with his third Cup victory at MIS.

Harvick was second, followed by Joey Logano.

THE ASSOCIATED PRESS

IndyCar

Power win inches Penske closer to season title

Pole-sitter Will Power fended off Juan Pablo Montoya to win Sunday at the Milwaukee Mile, boosting Team Penske's IndyCar season title bid.

Power added to the slim lead he had in the standings over teammate Helio Castroneves. A Penske driver has finished second each of the previous four seasons and five of the last six.

THE ASSOCIATED PRESS

AUGMENTED REALITY

Stuck on 12 Across?
Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.



→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

The Sun in Leo gives you a head start over rivals and you must use it to pull ahead of them. Think about ways you can improve on your current position.

♉ Taurus

April 21 - May 21

Splash out and buy yourself something that makes you feel good. You may regret it later when your credit card bill is due but you need something to cheer you up right now.

♊ Gemini

May 22 - June 21

Venus urges you to let that special someone know they are the best thing that ever happened to you. Speak up now; the romantic glow will last until the end of the year.

♋ Cancer

June 22 - July 23

Get routine matters out of the way early, because the second half of the day will bring some lovely surprises. If an invitation arrives, you must take it — it could change your life.

♌ Leo

July 24 - Aug. 23

Venus links with Jupiter, planet of good fortune making it easy to attract the things you need. One thing matters above all others, so make it your priority.

♍ Virgo

Aug. 24 - Sept. 23

Get together with people whose outlook on life inspires you and soon your problems will no longer exist.

♎ Libra

Sept. 24 - Oct. 23

Try not to see conspiracies where none exist. People are not talking behind your back — and if they are it's because they are planning a surprise treat for you.

♏ Scorpio

Oct. 24 - Nov. 22

Someone you love is in need of a confidence booster. Use your sharp wit to bring back the smile to their face. They won't be feeling under the weather for long.

♐ Sagittarius

Nov. 23 - Dec. 21

Create something out of the ordinary today by focusing your mind in a single direction. Extraordinary, even outrageous, things will start to occur soon.

♑ Capricorn

Dec. 22 - Jan. 20

Friendships and finances are well-starred today, so arrange a trip of some kind — maybe a shopping expedition — with your best friend.

♒ Aquarius

Jan. 21 - Feb. 19

Don't worry if a relationship seems to be on the slide because you will get the opportunity to bring it up to scratch again.

♓ Pisces

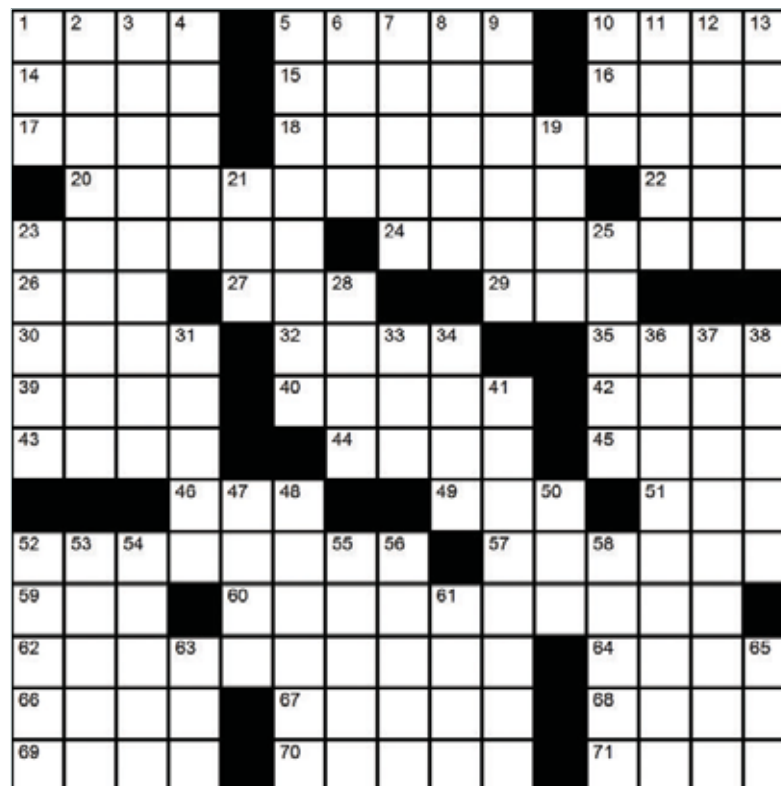
Feb. 20 - March 20

You must be totally honest today, even if what you have to say is not what people want to hear. Worry about how guilty you will feel if you keep quiet and it all goes wrong.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. Embassy diplomats, briefly
5. Nice deed, ___ kindness
10. Feedbag fillings
14. Great Big Sea's "___-Mac"
15. Type of bird
16. Tennis great Arthur
17. Singles
18. ___ Controller
20. Pantry staples: 2 wds.
22. "Phooey!"
23. The Bridges at ___ (book by James A. Michener)
24. "Maude" and "Rhoda"
26. Brick carrier
27. Pouch
29. Last day in August, e.g.
30. "I understand already!": 2 wds.
32. Later's opposites
35. Sun News host Mr. Levant
39. Darned
40. Books holder
42. Kin of Eire
43. Coastal bird (var. sp.)
44. Actress Patricia
45. Battle rounds
46. '___' in Elmira
49. YMCA, e.g.
51. Frying ___
52. Varnishes
57. Yankees legend Lou
59. Hankering
60. Toronto: CNE =



- Canadian National ___
62. ___ worker
64. Pre-weekend shout!
66. Actress Ms. Gruning
67. Book
68. Feminizing suffix
69. Bank's bridge?

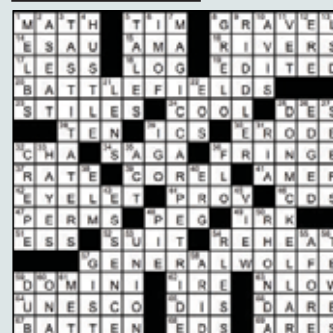
70. Cake-candle countees
71. Illusionist, archaically
- Down**
1. La Isla Bonita line: "Te dijo te ___"
2. ___ Prize for

- Fiction
3. Communication ___ by Chilliwack
4. Captain Benjamin ___, on Star Trek: Deep Space Nine
5. Canadian History: Maritime exiles

6. ___ notes (quiz-taker's no-no)
7. Weight allowances
8. Like keg beer: 2 wds.
9. Southeastern BC mountain city
10. Klutz
11. "The notation

- 'Fortississimo' is shortened ___ '___' ...said the music instructor
12. Crook
13. Six: German
19. "It should come ___ surprise..."
21. Ums' equivalents
23. Over-there items
25. Last letter
28. Actress Mindy
31. Pray
33. Small
34. Smelting waste
36. Dominic ___, actor who plays Dante Falconeri on General Hospital
37. Left
38. The Association's ___ Comes Mary
41. Jennifer Lopez's fellow dancers on In Living Color: 2 wds.
47. Writer Mr. Waugh
48. Dresden is its capital
50. NYC opera house
52. Emmy-winning Sally Field role
53. "Greetings!"
54. Ms. Okuma of TV's Rookie Blue
55. Ravel ballet, Daphnis et ___
56. Actor Henry
58. "___ Up Style (Oops!)" by Blu Cantrell
61. Max ___ Jr. of The Beverly Hillbillies
63. 'Jacob' suffix
65. Price

Friday's Crossword



Online

See today's answers at metronews.ca/answers



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku

6	4	2	8	5	1	9	3	7
3	9	1	6	7	4	8	2	5
8	5	7	3	9	2	6	1	4
1	8	5	4	3	6	7	9	2
4	3	6	7	2	9	1	5	8
7	2	9	1	8	5	3	4	6
9	6	3	5	4	7	2	8	1
5	7	8	2	1	3	4	6	9
2	1	4	9	6	8	5	7	3

6	8						5	9
	1			4			8	
		4	2	8	6			
4			7	4				7
			5	3				
		1	3	5	2			
	2			7			3	
5	9						7	6

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